

# THE HERON HERALD



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## Wilde Ghosts and Coward Spirits



PHOTO COURTESY OF SOPHIA PELAFIGUE

**The Oh La La's pose for a photo during a party scene in the play. From left to right: Mattea Denney, Lily Ryman, Isabella White, Adrienne Kerr, and Raven Arnold.**

**By Autumn Wright**  
*Staff Writer*

Haunting ghosts, catchy songs and classic stories brought this year's junior/senior production, "Wilde Ghosts and Coward Spirits", to life this past January. The clever combination of plays, short stories, essays and music was adapted

by Gretha Omev Stenger, the director of the musical comedy. "I wrote some dialogue to bridge the gaps and make it cohesively fit together," Omev Stenger explained.

The production was a musical comedy with songs from Noel Coward's Blithe Spirit and Cole Porter's

song book. Omev Stenger created the story based off of a combination of Oscar Wilde's The Canterville Ghost, The Crimes of Lord Arthur Savile, An Ideal Husband, Lady Windermere's Fan, and Impressions of American and De Profundis.

**See WILDE page 2**



PHOTO COURTESY OF SOPHIA PELAFIGUE

**Leah Selcer as Madam Arcati (far left) entertains the play's party guests.**

## NPA tennis

### "It's like family"

**By Talavan Cohen**  
*Staff Writer*

The crucible of competition, trips to nearby cities such as Redding, and Thai food—lots of Thai food—are the things that united the NPA girls tennis team during an initially uncertain transition season.

Comradery has long been a hallmark of NPA's tennis program. It was especially welcome in 2016, following an offseason where six of the team's best players graduated. The few incoming seniors—led by current team captain Tessa Paulson-Palmer—and an assortment of younger players faced the challenging task of stepping up in their absence. As NPA senior and top tennis player Kai Cooper said, "We were starting, basically, from a clean slate."

The reshuffling necessitated that younger students play significant roles in NPA's competitive efforts. According to Cooper, the result was, "interesting for us, because it allowed us to bond dif-

ferently than in past seasons. Normally it's just juniors and seniors who are high on the ladder."

Unlike last year, when NPA's aspirations of winning their league were dashed by a slew of untimely injuries, they were able to field a full lineup for most of 2016. Although the goal of first place still eluded the team, their finish in a tie for second with Arcata High kept them firmly in the upper echelon of Humboldt County tennis.

Before the season, Michael Bazemore, tennis coach and Head of School, had expressed his belief to his team that they had the potential to capture a league title, with the understanding that fully realizing one's potential takes time. "In a decent number of cases, [our players] don't have other sports experience, and

so they feel intimidated by the competitive scenario that they're facing," Bazemore explained. "It's a hurdle for us." However, his approach to coaching, which prioritizes doing tennis the right way,

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PHOTO COURTESY OF CELESTE KASTEL RIGGAN

**Senior Kai Cooper prepares to swing during a match. Cooper made it to the finals in number two singles at the Humboldt Del Norte Championship.**



PHOTO COURTESY OF JUSTIN CATALDO

**Teacher Alyssa Guerrero (far left) checks in with students James George (far right) and Sarah Hasiuk (center) as they help restore Janes Creek.**

## Janes Creek restoration

### California Conservation Corp joins NPA efforts to clean local waterway

**By Talavan Cohen**  
*Staff Writer*

The California Conservation Corps (CCC) descended on the stretch of Janes Creek adjoining NPA's campus at the Arcata United Methodist Church on October 25, 2016. Enlisting occasional assistance from the school's student body, they worked throughout the day to clear the creek of invasive reed canary grass.

Stewardship of this little piece of local waterway has been a part of NPA's agenda for several years. However, the school's efforts frequently hit snags. Coordinating logistics with landowners along the creek, scheduling around capricious Humboldt County weather, and sustaining a high level of student engagement—all at the same time—proved challenging.

Jane Arnold, a biologist working for the Department of Fish and Wildlife, has long had an interest in seeing the stream restored. "My daughter, Ava, goes to school here, so coming to school here every day and seeing the condition of Janes Creek was heart-wrenching for me, knowing what it should look like and what it looks like instead," she said. "If I go upstream into the community forest and look at Janes Creek, it's beautiful." Thankfully, her position provided an optimal opportunity to change that state of affairs. "[The government] provides grants, and our department has a mandate to do outreach," she explained. "This is part of that, having urban stream renewal and restoration." Arnold and the Department of Fish and Wildlife hope to create a healthier urban waterway

that supports salmon and steelhead populations.

While the vision and impetus for the restoration comes from the city of Arcata and the Department of Fish and Wildlife, "the CCC are the hard working backbone of projects like this," Arnold explained. "The department may oversee it, may provide grants, but we rely heavily on their hard work and devotion to come in and actually implement. They're out there in the stream doing the actual work."

John Griffith is the supervisor of the crew which made up that hard working backbone. A disarmingly self-assured man with 13 years of experience spent doing mostly biological surveys, Griffith now works for the CCC—an organization to whom, he says, he owes a massive debt. As a teenager, "I ran away from home and ended up dropping out of high school and got involved in all kinds of terrible bad things," he recalled. "By the time I was 18, I had already had some friends who had passed away because of some of the things we were involved with, and I got scared.

I knew that I had to get my life together, so I joined the CCC." Not only did employment with the CCC provide him with an escape from the potentially fatal path he was on, but it inspired him to start saving the planet. "I got so motivated through the CCC that I went to college, and I got jobs at the Forest Service and State Parks and Wildlife Conservation Site and Nature Conservancy," Griffith explained.

**See CREEK page 7**



PHOTO COURTESY OF JUSTIN CATALDO

**NPA students and a member of the California Conservation Corps pose together during the reed canary grass pull.**



PHOTO COURTESY OF CELESTE KASTEL RIGGAN

**NPA girls tennis team members Kai Cooper (left) and Tessa Paulson-Palmer (right) pose for a photo. Despite the team's six best players graduating last spring, the team was able to field a full lineup for the 2016 season thanks to the dedication of underclassmen players.**

**ALUMNI**  
**Queen Beats**

Live radio has been broadcast less and less in recent years, but it is something that NPA graduate of 2015, Neroli Devaney, is passionate about keeping alive. Devaney currently runs a radio show titled "Queen Beats" on KZSC that features female hip hop artists. **See page 3**



**ROWING**  
**Erg, wind, and the fire within**

Long, grueling hours of strenuous physical activity, gorgeous sunsets, and the camaraderie that only a rowing team can have sounds enticing to many NPA students. Humboldt Bay Rowing Association (HBRA) has a competitive Junior Rowing team that a number of students from NPA's ranks have joined. **See page 5**



**SPEECH CONTEST**  
**The moon: A threat to national security?**

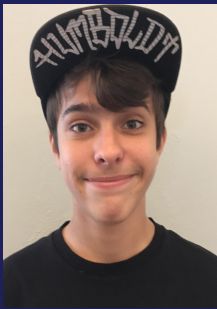
Facing off in a scholarly battle of speeches were some of NPA's most enthusiastic public speakers. Seven students competed in the Lions Club Student Speaker Contest. **See page 7**





# The Word

## In what ways, if at all, can protesting create positive change?



Alex Lamers

“I feel that it shows the people above us that we have an opinion too, since the people above us, like our congress and the president, are pretty much controlling our country as a whole. We are also a major part of our country. We have a say in it. Protesting expresses that.”



Delaney Gaston

“Protesting is a non-violent way to stand up for what you believe in. A lot of protesting damages businesses and things that make political statements that people agree with. Certain types of protesting really bring a kinder or more caring and energizing attitude towards whatever issue is being addressed.”



Conrad McConnell

“I don’t have a whole set of views on this, but I generally think that, if it’s a protest about something that might actually be able to be changed, it’s alright. But if it’s something that just cannot be changed until a later date, why would you spend the time protesting when you could spend the time doing something more productive?”



Ryan Meshulam

“Protesting can bring issues to the attention of our leaders. In that way it can create positive change.”



Kyle Parkhurst

“I think protests can raise awareness and, if there’s enough of them, maybe inspire people to start making changes.”



Maya Hergenrader

“You can get people’s attention. You can show the people in charge that other people do care about the situation at hand, but I don’t personally like to protest.”

### WILDE

from page 1

The plot follows the Otis’s, an American family who moves from their aristocratic life in the United States to England where their new mansion, “Canterville Chase”, is located. They soon discover that the old house is haunted by the “Canterville Ghost”. However, instead of yielding to the ghost’s obvious desire for the family to leave the mansion, they stay, stirring up a dramatic chain of events. “It’s a very spooky tale full of twists and turns, and frankly it’s very, very exciting,” Cairo Aguilar, who played the character of Washington Otis, the wealthy family’s son, said.

“[Omey Stenger] worked really well with high schoolers. She is very organized with what she does,” Lily Ryman, one of the play’s choreographers, said. As Omey Stenger explained, “I think that’s something that’s really necessary when working with a big group of students.” In the production of the play, every student had a job. “It’s such a large group of students who do the plays, and I like to give them



PHOTO COURTESY OF SOPHIA PELAFIGUE  
**Students acknowledge the lighting booth during a curtain call. The play, “Wilde Ghosts and Coward Spirits”, was based on a collection of works by Oscar Wilde and Noel Coward.**

a lot of stage time, so [I try] to get a lot of actors on stage throughout the course of the show. Making sure that everyone has a lot of chances to participate is probably the most difficult part,” Omey Stenger added.

Liam McLaughlin, one of the students on the lighting crew, reflected, “At the end, at opening night when I could sit back and see it all come together, it was pretty magical to see that we actually succeeded.”

## Student pioneers studies in culinary arts

By **Mattea Denney**  
*Staff Writer*

“I’ve been cooking ever since I can remember,” Nelli Major, a sophomore at NPA, said. Major found her passion for cooking when she was very young, and that passion has followed her throughout her life. Now she has taken on the challenge of completing an Artist Diploma, a four-semester study of a particular art, in something not normally done at NPA: culinary arts.

Major’s passion for cooking came at a very young age. “The first time I held a knife was when I was two. I cut up a cucumber from our garden,” she recalled. “Even though I was really young, and the memory is a little fuzzy, I can remember that it was when I fell in love with cooking, and for the past 13 years, it has been a passion of mine.”

Upon coming to NPA, Major learned about the Artist Diploma program. She was intrigued but knew she was not going to complete the program in any of the arts commonly pursued at NPA. “Typically people take visual arts, dance, music, or something in that area. I wanted to do an Artist Diploma, however I’m not much of an artist or dancer,” she admitted. It was then that Major had the idea to complete the program in cooking. “I personally consider cooking to be an art form, and since I love

it so much I thought, ‘why not take it as my Artist Diploma?’”

The process of receiving approval for this particular Artist Diploma was not an easy one. “If you want to take an art that isn’t on the official Artist Diploma list, you can apply for an “out-of-school art”, as long as you take classes outside of school, and have an advisor,” Major explained. “I emailed the board members and asked them if I could do it. They said it could work, but first, I had to show them that I actually had experience cooking, and I could do it as an art.” Major then presented the board members with a dish of her own creation and shared some experiences she previously had with cooking competitions. The reaction was very positive. “They approved my idea and were very supportive of it,” she said.

Major believes that participating in the program has helped her refine and perfect her craft. “My in-school advisors are Rocky Whitlow and Marceau Verdiere, and Victor Aguilar is my out-of-school advisor. I meet with them three to four times a month and we discuss my progress, and then once a month I present a new dish to one of my advisors,” Major explained. “It is mainly an independent project, and it involves a lot of practice. However, it allows me to really put time into my cooking and puts



PHOTO COURTESY OF SOPHIA PELAFIGUE  
**The dish Major created for the French Dinner. Major is the first student at NPA to pursue an Artist Diploma in the culinary arts.**

pressure on me to perfect my techniques.”

In addition to working with advisors, Major is playing a major culinary role in this year’s NPA French Dinner. “For the French Dinner, I am the head chef of the vegetarian menu,” Major said. “We are making a layered pastry mushroom au gratin atop a purple potato mousse, topped with fennel chèvre and fried wonton crisps. Also, in the dish, there will be a side of marinated grapes lying

on a lettuce leaf, topped with crumbled, baked chèvre.”

Major is grateful for the opportunity to complete an Artist Diploma in culinary arts and hopes to inspire others to see the art in cooking. “I’m really glad that the board members are allowing me to do this,” Major expressed. “I hope that more people will be able to see just how much of an art cooking can be.”

### TENNIS

from page 1

remains unchanged.

“Michael Bazemore has been a great, great coach in that he values [tennis] as an art,” Paulson-Palmer asserted.

“He is the only coach in the Humboldt/Del Norte County [area] that I believe goes to the extent that he does to teach and help improve players and to allow for them to improve in the future, even after they leave high school.” Bazemore’s players also credit his focus on the mental aspect of tennis for helping maximize their talent. The traits he cultivates—grit, serenity, the adaptability to adjust on-court in order to take advantage of a particular opponent’s strengths and weaknesses—gives his players a vital edge against opponents with as much, or more, raw athletic talent than them. Sophomore Brianna Chapman remembered, “One time I was playing this girl who wasn’t very strong with her backhand, like me. Michael encouraged me to try to hit crosscourt to get her backhand, and it was really effective.”

In the twilight of their time on NPA’s team, the seniors tried to make their swan song as memorable as possible. “It was kind of difficult to go into the season knowing that it was our last season, but that was also a motivator to work really hard to do our best—to go out with a bang,” Paulson-Palmer reflected. “For the most part I think we did.”

Cooper made it to the finals in number two singles at the Humboldt Del Norte championship (HDNs). At the same event, Paulson-Palmer

played what Bazemore described as “the best match of her life” against the reigning HDN champion, nearly pulling out the victory. “Our seniors were able to peak at the end of the season, and for each of them, their last match was their best match,” Bazemore claimed. “That’s a great thing for them to be able to take away—to show themselves that they can rise to the occasion.”

They also accepted the realities of 2016 being a rebuilding year. In Cooper’s words, “You’re passing off the torch, as seniors, and putting a lot of faith in the underclassmen to carry on your legacy.”

Still, there’s an understanding in

NPA’s tennis program that achievement goes beyond the court. Near the end of her last doubles match with Paulson-Palmer, as Cooper realized that they probably weren’t going to win, “it just kinda hit me, just the past four years, and how much I’ve grown as a person with this team, and with Tessa—because we’ve been together since freshman year, mainly being doubles partners,” she recalled. Reflecting on all the ups and downs of dedication to a grueling sport, Cooper expressed gratitude for the team’s impact on her life. Paulson-Palmer concurred. “It’s like family,” she said.



PHOTO COURTESY OF CELESTE KASTEL RIGGAN  
**Pictured: Ruth Magee (left) and Leah Selcer (right). With the turnover in team members, 2016 was a rebuilding year for the NPA girls tennis team. Although the team did not win first in the league, they ended the season in a tie for second with Arcata High, keeping them firmly in the upper echelon of Humboldt County tennis.**





# Queen Beats

By Amelia David  
Staff Writer

Live radio has been broadcast less and less in recent years, but it is something that NPA graduate of 2015, Neroli Devaney is passionate about keeping alive. Her father runs a radio show at local station KHSU, and for Devaney the presence of an active college radio station was key for her in choosing which college to attend.

Devaney is in her second year at University of California, Santa Cruz (UCSC) and has been excited about the school's radio station since she enrolled. "I was really stoked to go to Santa Cruz because KZSC is one of the best college radio stations to work with," Devaney said.



PHOTO COURTESY OF NEROLI DEVANEY  
**Oshun, one of the artists featured on KZSC's "Queen Beats" radio show, performs. This show, run by NPA alumna Neroli Devaney, centers around women in hip hop, a music genre dominated by male artists.**

She joined the station as soon as she was enrolled and began the process to become a DJ. For one quarter she volunteered 20 hours at the studio, then took an Introduction to Radio class. In this class, she learned about Federal Communications Commission regulations, how to transition music, microphone techniques, and important aspects of radio journalism. "As DJs we are the 'mouthpiece' of the community, and through the class we learn what kind of responsibility we hold in that role," Devaney elaborated. During her first semester she



PHOTO COURTESY OF NEROLI DEVANEY  
**Princess Nokia performs at the Afro Latino Festival in New York City in the summer of 2016. Princess Nokia is one of the many female hip hop artists featured on the "Queen Beats" radio show.**

applied for a time slot and hosted a show on political music, a topic she was very passionate about.

For her, politics and music go hand in hand and she was able to explore the broader implications of that theme in her first show. "I've always had an interest in the intersection between politics and music, so I definitely see myself coming back to that at some point. My time at KZSC has definitely taught me that this is something I don't want to stop when I graduate," she explained.

Hip hop is a genre where she sees a large political influence. Devaney points out that politics will always be present in hip hop. "Unlike any other genre really, it is hard to find a hip hop album that doesn't touch politics at least once. This is simply because hip hop artists more often than not are people of color—a community that is so directly affected they are forced to pay attention to politics, whether they want to or not."

Listening to the voices of hip hop artists and the struggles they face is very important to her, and she feels strongly about the influence of the genre. "I think hip hop is absolutely the most important and influential genre today ... it is without a doubt leading our musical revolution and we have to listen to what these artists have to say," she exclaimed.

Devaney currently runs a show titled "Queen Beats" centered around women in hip hop. While it is not a self-proclaimed political radio show like Devaney's last show, it is very political in nature. She explains that female rappers have unique lived experiences and it is important to give them space where those experiences can be heard. "Hip hop is one of the most male-dominated genres in music which makes it especially important to pick out the female voices in this genre

[female rappers] are intersectional in a way male rappers are not which in today's political climate is needed more than ever," Devaney said.

She explains that exposure is key, and that's why her show being all female artists is so important. The more acknowledgment these female rappers get, the better. "Hip hop plays such a big role in the culture of the American youth," she said. "I really think once we as a society make the shift towards women in mainstream hip hop we will also begin to shift the treatment of both women and people of color in this country."

Devaney believes that sharing music is a really magical and important thing in shaping relationships and communities. Through Queen Beats she is able to share the music and artists she values with the rest of the community while building her skills.

To learn more about the show or what she has to say about music go to [www.facebook.com/QueenBeatsKZSC](http://www.facebook.com/QueenBeatsKZSC)



PHOTO COURTESY OF NEROLI DEVANEY  
**Duo Cam & China perform. This photo was featured on KZSC's "Queen Beats" facebook page.**

- Devaney's Rap Album Recommendations
- Eden by Ivy Soul
  - Ninety by Chynna
  - 1992 by Princess Nokia
  - Satisfaction Guaranteed by Junglepussy
  - Gift of the Magi by Sa Roc
  - The Journey Aflame by Akua Naru
  - Cam & China by Cam and China
  - A Good Night in the Ghetto by Kamaiyah
  - Telephone by Noname

# Jane Doe in Wonderland

By Morgan Hartlein Allen  
Staff Writer

"What are the issues in our community this week? What are the human stories happening right now that we, in theatre, can talk about?" These questions were posed to students in Dell'Arte International's MFA program to encourage the examination of issues in their community and create theatre based on what they found. This exercise, called "Theater Place", inspired recent Dell'Arte graduates Erin Johnston, Grace Booth and Kate Tobie, to create "Jane Doe in Wonderland", a play meant to raise awareness of sex trafficking in Humboldt County.

Originally Johnston, Booth, and Tobie were going to partner with Planned Parenthood for their theatre project. However, after learning about Elle Snow, a local activist and former trafficking victim, they decided to change the course of their project. Snow is the founder of Game Over, a survivor-led organization that aims to educate the public on how to identify traffickers and their victims. Her organization provides trainings that cover the psychological methods traffickers use to keep victims from leaving and the ways to help victims. She was eager to partner with the three playwrights once she learned of the project, especially considering the educational nature of the production. Through meeting with Snow, they discovered that sex-trafficking is a significant local issue. "It's not just an overseas phenomenon," Johnston explained. "It's a domestic thing."

Snow introduced the idea of basing the play off of Alice in Wonderland. She had always identified with the character of Alice and her journey down the rabbit hole, and after being trafficked, she found that the connections between her life and the story had become even more apparent. To make the story more accessible to younger audiences and the general public, the writers decided to take a metaphor-

she said. Johnston acknowledged that some women choose prostitution, but many are forced into it. She hopes that the play will serve as preventative education. Knowing how to identify potential traffickers and dangerous situations will make young people less vulnerable.

All the actors have received Elle Snow's training and have been educated on the issue of sex trafficking in Humboldt County. In addition to the local actors, the cast in-



PHOTO COURTESY OF ROBI ARCE  
**Actors read lines during a staged reading of "Jane Doe in Wonderland". The original play, created by three graduates of Dell'Arte International's MFA program, will be performed in March and is meant to raise awareness of the issue of sex trafficking.**

cludes people from Massachusetts, Missouri, Iowa, and as far as Denmark. It was important to the playwrights that everyone participating in the production was thoroughly versed in the complex issues depicted in "Jane Doe in Wonderland". "They're not just going in cold turkey," Johnston clarified. "They understand what they're projecting on stage. It's a lot to take on."

The playwrights have partnered with Spare Change, a local teen theatre group, to make the play more accessible to high school students. The members of Spare Change are educated through Planned Parenthood and perform skits locally at high schools on a variety of sexual health issues. "I'm super jazzed up about them," Johnston said. "They're covering a whole bunch of bases, and it's peer-to-peer which is even greater." The group became the teen evaluators for "Jane Doe in Wonderland" by giving feedback on the realness of the characters and what they gained from the play as young people.

The playwrights have been working hard to schedule performances with local schools because of the play's pertinence to students. They've received positive feedback and multiple local grants from the community, and currently their greatest focus is on getting the production to students. They have secured performances through the end of March and beginning of April with Eureka High School, Arcata Arts Institute, Six Rivers Charter, and Arcata High School. They also hope to make "Jane Doe in Wonderland" available to students of NPA.

"We're really hoping this isn't just a play," Johnston said. "We're hoping people bring this into their homes and start talking within their communities because this issue isn't hiding any more."

For more information or to find out performance dates, email [janedoeinwonderlandplay@gmail.com](mailto:janedoeinwonderlandplay@gmail.com) or search [www.janedoeinwonderland.com](http://www.janedoeinwonderland.com)



PHOTO BY GALE MCCOMAS  
**Morning breakfast preparation for the homeless meals program. This is what the NPA kitchen looks like every Friday morning before school starts.**

## Feeding those in need

By Gale McComas  
Staff Writer

Every Friday morning, a small group of students along with Larry Haven and Elaine DuBois, both members of the Arcata United Methodist Church, arrive at school to pack paper bag lunches with homemade sandwiches, a bottle of water, fruit, a granola bar, and a napkin. Later that day, during lunch, a group of three to four students join Haven and Andrew Freeman, an NPA teacher, to go out and give lunches to the homeless people on the streets of Arcata. They climb into one of the school's vans and start by going to the train tracks on Samoa Blvd. If they have leftover lunches, the group travels to the plaza to hand out the last of them.

Last year Haven, who is also a caretaker at AUMC, got a "spark" to include NPA students in the church's homeless meals program. He thought that this could help bridge the gap between the church and the school, as well as give students community service time. When asked what his favorite part of doing the lunch program is, Haven explained, "There's actually two parts that I like most of all, and that's the community service—that's number one—feeding the hungry, and number two is interacting with you guys. I like bringing the young, fresh minds of our future leaders of tomorrow and sucking them into a vortex of community service."

Senior India Allen

helped get the program off of the ground by being one of the first volunteers and getting other students to join in. Shoni Rhein-schmidt, a freshmen and one of the volunteers that began helping at the start of this school year, said, "I just like knowing that I'm helping other people, and giving other people food."

As to her motivation for participating in the program, Allen explained, "It's really nice knowing that even such a simple action, such as making a bunch of sandwiches in the morning can help so many people." She continued, "Even if it's only twenty-four lunches, that's twenty-four people that have lunch. So, it's good knowing that we can feed people who are hungry." Allen expressed that she enjoys both making the lunches, which she calls her, "morning sandwich meditation", as well as handing them out. In the latter portion, she has the opportunity to meet new people and make personal connections. Allen will continue until she graduates and hopes that the other volunteers will keep the program alive once she leaves.

The Friday meals program is heavily reliant on the students at NPA. If anyone is interested in volunteering or wants to learn more about it, they should contact Haven or Allen. The homeless meals program helps to enrich our community and has the potential to make a significant change in someone's life.



PHOTO COURTESY OF ROBI ARCE  
**Giancarlo Campagna and Tushar Mathew pose as TweedleDee and TweedleDum during a staged reading of "Jane Doe in Wonderland".**

ical approach. This complemented the abstract nature of Alice's story and addressed the fact that issues such as trafficking can be difficult for audiences to take in.

To make the production more educational and interactive for the audience, the playwrights have decided to include a "survivor talk" at the end of the play. This discussion is meant to give survivors a platform to share their experiences as victims of sex-trafficking. "[The survivors] are able to relate their stories to Alice in Wonderland and moments from the play," Johnston explained. "This gives them the confidence to stand in front of the audience and answer questions." These talks are also meant to change public perception of what it means to be a prostitute. "We stereotype, and there's a lot of terminology that's really judgemental,"





PHOTO COURTESY OF LILY RYMAN

**Pictured (left to right): Raven Arnold, Morgan Hartlein Allen, Delaney Gaston, Isabella White, Rose Myers, Adrienne Kerr, Olivia Oetker. All the pieces in the IB dance show were choreographed by the NPA IB Dance students over the course of the year.**

# Cracks In The Shadows

**By Rachel Post**  
*Staff Writer*

Three days in a theater may not seem like enough time to put together a two-act dance showcase, but for the five International Baccalaureate (IB) Dance students and four sophomore dancers, it was all the time they needed to pull it off. Seniors Bella White, Morgan Hartlein Allen, Adrienne Kerr, Raven Arnold, and Lily Ryman were the choreographers behind “Cracks in the Shadows,” NPA’s first dance show, performed this January at the Van Duzer theater.

A dance show is not on the IB curriculum for the course, but when Principal Jean Bazemore presented the group with the idea of creating their own performance, they couldn’t resist. “She came up to us one day and said, ‘I want to see you dance one more time before you graduate. I want to see you dance on the Van Duzer stage,’” Arnold said, adding, “It was a gesture that I really appreciated especially because my dance school closed and I hadn’t had an opportunity to perform since then.” The project ended up being an excellent opportunity for the dance students to further their academic studies in the IB.

The IB Dance course is a relatively new addition to NPA, and its existence is partially due to the five senior choreographers. The class first began in the fall of 2015 because of the mutual interest expressed by students to Amy Miller, NPA’s IB Diploma Coordinator and teacher of the course. “Really it just came down to the fact that there were five of us that really wanted to do it, and Amy was willing to go to the seminars and learn everything she could,” Arnold explained. All parties were new to the syllabus, but that did not deter them in the slightest. Arnold continued, “[Amy] figured it out quickly. The first semester was a little rough but after that point we got a really good grasp of what was in store for us, and it just got more exciting.”

Studying the art form together helped to unite the five girls when it came time to perform. Kerr observed, “We all work very well together. We all have similar styles and it was really great to just have that through both years because it kept the group dynamic.”

Four sophomores, Rose Myers, Delaney Gaston, Olivia Oetker, and Lana Sharkey stepped into dances and interludes where the five senior dancers could not, allowing the choreographers to see their work on new dancers and giving the younger dancers a peek into the IB Dance class. Arnold resonated, “We definitely really bonded this whole time. Even with the sophomores. We’ve spent plenty of time just with the five of us in our classes but this brought us together outside of classes.”

Respect and pride flowed from the upperclassmen as they gave glowing compliments to their underclassmen peers. Kerr

in between pieces. Danced in silence, these moments bridged the gaps between pieces and gave the dancers backstage more time to change costumes. This idea was contributed by Bazemore. “That was the one little thing that she wanted to contribute, helping with the structure and the flow of everything,” Arnold explained. “She didn’t want to touch the choreography or anything. She was like, ‘This is your show. You can do it.’ But since she was watching the rehearsals, she had that input and we really appreciated it. We ran with it and it helped us so much.” The choreographers took particular movements from the final dance of the show and interspersed them in the interludes, adding an artistic unity on top of the structural unity.

The final dance was a group-choreographed work, with contributions from all nine dancers. Arnold lovingly expressed, “We ended up titling the collaboration piece, ‘Cracks in the Shadows’ because it really encompassed the whole thing that we were doing and this little community that we had put together that was bringing a lot of hope to all of us.”

The overall title, “Cracks in the Shadows” was a preliminary idea at first, but grew to encompass the heart of the showcase. The first act, titled “Shadows,” featured pieces that contained conflict and dark tones. The second act, “Cracks,” presented dances with uplifting themes, ending the performance on a positive note. “That was the light shining through,” Kerr explained.

The lighting design, by Santiago Menjivar, a professional lighting technician hired by Bazemore, was an aspect that helped to enhance the overall tone of the performance. The dancers had a real appreciation for his work. When his name was mentioned, Kerr, Ryman, and Arnold gushed in unison, “Santiago was amazing!” Ryman said, “We would tell him things like, ‘Oh, I want this color somewhere in there.’ and he would run with it.” Arnold continued, “We ended up not having any feedback at all because he tried things in rehearsal and we loved that. It was perfect. He really knew what he was doing.”

Another major contributor to the project was Miller. In addition to her in-class tutelage, she was present during most of the production process to ease things along as well as to film the dances to submit to the IB. Arnold recalled an experience in which Miller stepped in to help. “For one of my pieces we were on the night of dress rehearsal, I didn’t have a costume, I wasn’t even really done with the piece because it was just a tricky one and she helped me get a costume and helped me figure out where I was going. I couldn’t see it but she could from the audience. That helped a lot. I definitely appreciate her.”

‘Cracks in the Shadows’ was an opportunity for all of the dancers to grow as performers as well as choreographers. Kerr expressed her gratitude over being able to



PHOTO COURTESY OF LILY RYMAN

**Pictured (left to right): Morgan Hartlein Allen, Rose Myers, Raven Arnold, Adrienne Kerr, Olivia Oetker, Isabella White, and Delaney Gaston. The dancers put together an entire performance over the course of three days in the Van Duzer Theater.**

reflected, “I’m very impressed with all of us—especially the sophomores because they worked so hard. We started on some of the choreography [earlier], but some of the choreography they learned in three days.” Oetker and Gaston were especially appreciated for their ability to step into extra dances at the last minute, being given only videos and observation up until their time in the theater. “When it came time to rehearse the piece, [Oetker] mostly knew it already. It was a really admirable initiative that she took there,” Arnold expressed.

One aspect of the production that helped doctor it into a professional-looking performance was the choice to have “interludes”

dance a solo on a large stage. Ryman concurred, “I think it was good for me because I’ve never really done a solo. All of my teachers have either put me in a group or I’ve moved studios so much that none of my teachers know that I can dance. I think doing the solo, especially in the Van Duzer, was great.”

“For me as someone who’s really aspiring to be a choreographer, [performing is] something I’ve really fallen in love with in the last two years,” Arnold added. “[The show] was a life-changing experience and it’s something that I’m really glad I can say I’ve done.”

# Crossing the 9,000 mile divide

**By Mattea Denney**  
*Staff Writer*

“While cultures can be very different, there are still similarities between us and we’re all people. How ‘different’ can we really be?” Amelia Parker, a junior at NPA who recently experienced what it means to be ‘different’ on a trip to India, said.

Parker embarked on a three week, once-in-a-lifetime excursion to the city of Vadodara in the western Indian state of Gujarat and came back with new insights on culture, education, and acceptance. “Everything about India—the culture, the different attitudes concerning foreigners, and different views—was such a big change for me. It was definitely a comfort and gave me hope for the future because of what was happening, and still is happening, back home,” Parker recounted, referencing the current divide among the American people.

While in India, Parker stayed with Nand Javia, a student Parker hosted when he came on exchange to the United States. Javia showed Parker what it was like to be immersed in his culture just as she had previously done for him. The sense of community and vibrancy were among Parker’s favorite aspects of India. “Seeing how everybody interacts with each other was really amazing,” she recalled. “It was incredible to see how, not only the students and their families, but everybody’s view was that they needed to take care of everyone else.” This incredibly strong sense of community was not kept from Parker. “When we arrived at one village, they all immediately offered to make us lunch. These are

people that [rely] on every single rupee that they get, but dropped everything to share their traditions with us.”

Despite the 9,000 mile divide separating India and the United States, Parker reported that the two countries aren’t as different as one might think. “When I first landed in Vadodara, I never quite got that epiphany that I was on the other side of the world,” Parker recollected.

One difference Parker noticed was the overall stance on the LGBT community. “During my second

more open to it.”

Parker expressed that if there is one thing she learned from her visit to India, it is that both countries can learn a great deal from each other, regarding everything from education to religion. “Students in India not only go to classes all day, but then have tutors after school for hours more. Mandatory Saturday school happens every week,” she said. “We have it so much easier here.”

Religion is also a much bigger part of Indian culture than it is in the United States. “Everything is re-



PHOTO COURTESY OF AMELIA PARKER

**Nand Javia, Sophia Pelafigue, and Amelia Parker pose during their trip to India. Parker hosted Javia during his trip to the United States.**

day in Vadodara, my mom and I attended a VHUM conference which is essentially a model United Nations conference,” she said. “Our topic was actually on the decriminalization of homosexuality.” At present, sexual activity between people of the same gender is illegal in India. Same-sex couples are unable to legally marry or have a civil partnership. However, the younger generations of India are increasingly more accepting than the older ones. “The LGBT community is definitely not as far progressed as it is here,” she explained. “Older generations have no tolerance, but young people are definitely

spected, especially religion, and it is very easy to respect it. The temples we visited were actually jaw dropping,” Parker reminisced. “Not only the architecture, but inside as well. There is no pastor or person speaking down at you but rather singing and dancing and chanting in some of the larger [temples].” Parker appreciates the differences she saw and is grateful to have experienced a culture different from her own. “As countries, we both have a lot to learn from each other,” Parker admitted, “but personally, I just think it was incredibly uplifting to visit a place as diverse and accepting as India.”

# How QuestBridge changed my life

**By India Allen**  
*Staff Writer*

There is one question that sends all NPA juniors and seniors into a fit of anxiety and existential angst: “Where do you want to go to college?” When asked this question a year ago, or even three months ago, I experienced those same discouraging sentiments because where I wanted to go to college could have been a very different reality from where I believed I could actually (a) get accepted to and (b) afford. As soon as a teacher or peer mentioned the words SAT or FAFSA, I began to feel the world shrinking around me. I was plagued by nightmares about personal statements and scholarship applications. I couldn’t escape the nauseating thought of rejection, or worse, acceptance but no financial aid!

The above descriptions do not have to define the college application process. The miracle which helped me learn this came in the form of QuestBridge. The summer before senior year I received an email about a program called QuestBridge National College Match. What the program offered was basically a dream come true. If selected as a finalist, I would have the opportunity to apply to 12 of their partner colleges, early-decision, for free, and, if accepted to any of them, I would receive a full four-year scholarship. A free application and a full-ride sounded too perfect and at first I doubted the legitimacy of the program. However, after further research I was assured that not only was it legitimate, it was also relatively easy.

The first step was to apply to be a QuestBridge Finalist in September of senior year. The application was very similar to most college applications. I completed forms about my academics and extracurriculars, wrote a personal statement and several supplemental essays, sent in two letters of recommendation, and my standardized test scores. Then I waited, and waited, for what felt like forever. Finally, in October I received an email from QuestBridge informing me that I had been selected as a finalist for their College Match Scholars program.

After that, I had about two weeks to submit the remaining application materials for all 12 colleges I was applying to. I have never written so many personal essays in one weekend, and I do not advise others to follow this example. While faxing tax information and financial aid cover sheets until midnight, I thought that maybe the whole thing was just some kind of sick joke. I feared that I could never figure out all of the paperwork in time to meet the rapidly approaching deadline, but when November 1st came around it was a huge relief. Knowing that my future was no longer completely in my own hands was both nerve wracking and exhilarating.

About a week after turning in all of my application materials, I received an email from a representative from the University of Pennsylvania. A nice-sounding man named Brad informed me that I needed to do an interview. Two weeks later, I was sitting in a hotel lobby outside of San Francisco—still in my uniform, covered in mud and sweat, only an hour after running the last cross country race of my high school career—desperately trying to impress the representative from one of my top choice colleges, while also attempting to act natural, eloquent, and well-put-together. Then came the dreaded question. “So why do you think you would be a good fit for Penn?” I saw it coming but I still felt blindsided. Just like a game of amateur table-tennis—it doesn’t matter how sloppy the hit is as long as you’re quick and it makes it into the other side of the “court,” right? Wrong. One word of advice here: a well-thought-out, slower response is worth ten impulsive answers and good eye-contact is worth 1,000. It’s more like a game about strategy, not reflexes.

The next step was more waiting. This time it didn’t just feel like forever, it felt like forever and ever. When December 1st arrived, I waited—breathless—for the email. When it came I never felt so much nervous excitement in my life. The email read: “Congratulations! You have been accepted to the University of Pennsylvania class of 2021!” It was a dream come true, and I am incredibly grateful to everyone who has helped me in achieving this dream.

I encourage every underclassmen who has an interest in QuestBridge to look into it. Feel free to contact me with any questions. Just a note: if you don’t think that you fit the specific QuestBridge criteria, consider applying anyways. Anyone can apply. Good luck!

My email: india.allen84@gmail.com you can also message me on Facebook or talk to me in person.





# Erg, wind, and the fire within

**By Ruth Magee**  
*Staff Writer*

Long, grueling hours of strenuous physical activity, gorgeous sunsets, and the camaraderie that only a rowing team can have sounds enticing to many NPA students. Humboldt Bay Rowing Association (HBRA) has a competitive Junior Rowing team that many students from NPA, as well as other high schools in the area, have been taking part in and enjoying for years.

The crew team practices every weekday after school until six, and the high-schoolers involved all attest to the beauty of Humboldt Bay during sunset. Quinn Monnier, a junior at NPA, has been participating in crew for almost two years. He said that some of his favorite parts of crew practices are “the bay and the sunset, they’re both really beautiful.”

On days when the weather is too windy or rainy to row on the water, HBRA has a team set of ergometers, commonly called “ergs” or rowing machines. Rowers can see how much they have improved when they erg by looking at the screen on the machine. The



PHOTO COURTESY OF HUMBOLDT BAY ROWING ASSOCIATION  
**Members of the Junior Rowing team pose for a picture in front of the boathouse.**

screen tells the rower how fast and far they are rowing, and some rowers even prefer it to rowing on the water.

Theo Cress, a freshman at NPA, has been rowing with HBRA for about a year and a half. He is a rower who enjoys erging over rowing on the water. “I like erging better for sure. It’s more challenging,” Cress said. However he does admit that being out on the bay is amazing. “You just have these tranquil moments where you’re just sitting out on the bay and see birds and other pretty stuff.”

Senior Isaac Murphy has experienced the benefits of crew beyond the beauty of the bay and the intensi-

ty of the sport. Since joining the HBRA program in his freshman year, Murphy dedicated himself to crew, attending the junior program every day after school. As a junior, he

attended the US Rowing Association’s regional regatta near Sacramento where he placed high enough to participate in the organization’s Youth National Championships in New Jersey. At the championships he did not place due to boat complications, but despite this setback, college rowing coaches knew his name and wanted him on their team.

In the fall of his senior year, Murphy was contacted by Cornell University crew coach, Todd Kennett. “We started emailing about times and race results, and he invited me out for an ‘official’ which is when the school itself flies you out

to meet with the team. I got to meet with the head coach and he was like ‘yes, I want you on my team,’” Murphy recalled fondly. After visiting the university, Murphy knew that was where he wanted to go to school. He applied and was accepted, and he will begin attending next fall. Murphy accredits his success to HBRA head coach, Scott Gibson, and encourages everyone to join the team.

HBRA’s Junior Rowing program participates in rowing competitions, “regattas”, during the spring and fall seasons. The rowers look forward to these regattas because they are a chance to compete with

other crew teams on the west coast and further bond with their teammates. “Regattas are the best part [of crew],” Cress expressed. “I probably [enjoy] Head of the American the most. It’s pretty cool and in Sacramento. I love the course, it’s nice to row on.” Monnier enjoys regattas because, as he said, “it’s a time when you bond with your teammates, and it’s fun to beat the other teams.”

The rowing team competes with vigor, typically bringing home numerous medals from these events. However, at practices, the team strives to maintain a sense of healthy competition. “There’s not really any non-friendly team competitiveness. When you’re competing against your teammates it’s always friendly,” Cress remarked.

Monnier, Cress, and Murphy all encourage everyone to join the crew team. Monnier emphasized, “It doesn’t matter if you don’t think you’re that strong because it will get you very strong.”



PHOTO COURTESY OF HUMBOLDT BAY ROWING ASSOCIATION  
**Four members of HBRA’s Junior Rowing program prepare to race their boat in a regatta. These regattas give members a chance to compete with other rowers on the west coast and further bond with teammates.**

## Reflections from a European adventure

**By Amelia David**  
*Staff Writer*

The only positive that comes when you leave for an international trip at four in the morning is the sunrise. As we drove from Arcata to the San Francisco airport, our group of eight students and three teachers witnessed one of the most magnificent sunrises any of us had ever seen. The sky was warm and pink, and the fog still resting on the mountains had a bright orange glow. It felt like an omen of safe travels which was reassuring as we took to the air beginning a two week journey on NPA’s annual trip to Sweden.

The fatigue our traveling group felt due to the long flight to Sweden was immediately forgotten when we met Matts Lundborg and Lasse Mellberg, directors of NPA’s sister school, Biskops Arno. As we walked towards the airport’s exit, we noticed the hallways and windows covered in strings of lights and the plants that grew up the surrounding walls. For me, it was a pleasant reminder that the scary parts of traveling, losing things, being late, misunderstandings, aren’t so scary after all, and in the end it’s all worth it.

We were welcomed at Biskops Arno with food and good company and, following the gracious reception, promptly found our beds. While we were there, we toured the school, took classes like art and world studies, and participated in the ever classic sauna and dip in the frozen lake, a critical part of any stay at Biskops Arno. My favorite part of the school tour was visiting the natural medicine department. It was so magical and home-like. The students showed us some really cool homeopathic remedies they were working on.

The Swedish students and those of us on the trip all took a painting course with Agneta Pettersson. It was the perfect activity to calm our nerves and lingering jet lag. The exercises emphasized freedom and authentic creativity. It was really fun to see what everyone created.

Surprisingly, the sauna followed by the jump into the frozen lake was a revitalizing experience. The NPA students who decided they wanted to participate suited up and

walked down to a little sauna by the lake. At first it was incredibly hot, and we were all sweating bullets. Even after adjusting to the temperature, the sweating did not stop. When we were as hot as we could stand, we ran in pairs down to the dock to a sawed-out hole in the lake. As soon as I got in, my heart started rapidly beating, and I jumped up out of the water and ran back to the sauna. My body quickly neutralized, and I found myself more awake than before. It was a surefire way to cure the tired eyes caused by jet lag.

At Biskops Arno, we befriended students of the school and ate the traditional swedish fika, a snack of fruit and coffee in the late morning. We explored and learned about the importance of being true to yourself and your unique path. We were all sad to say goodbye, but we were excited for the adventures which lay ahead.

After spending a few days in Stockholm and exploring the city, some of us embarked on a special side adventure to Russia!

Boarding the plane, we all had ideas of the challenges we would encounter when we arrived. However, when our bus driver arrived and continued to scam his way out of paying a ticket for parking we were all immediately charmed by Moscow in a round-about way. As Marceau Verdiere, one of the teachers accompanying us, put it, “everyone is just trying to get by.”

We were welcomed with endless amounts of kindness by Asya Bilalova, mother of NPA exchange student Omar Gadzhiev, who showed us so much over the course of a few days. I saw many beautiful churches and buildings. She helped us make the most of our time.

One of the days we got to bring up ideas of what to do in the city. We ended up in a “panda park,” an obstacle course where you make your way from tree to tree. It was a bit scary, but it was such a fun and invigorating day. We even managed to conquer the metro. It was an amazing experience, and it was immeasurably improved by Asya’s help. She showed us parts of the culture and the city which would have slipped through the cracks if we were on our own. We were all very grateful.

## Selcer: Senior Column



Selcer

**By Leah Selcer**  
*Staff Writer*

Spring is not a time to slack. As a senior, people often say to you, “It’s your second semester of senior year, it must be easy from here on out!” Although not having ACT or SAT tests to worry about and being completely finished sending in college applications, the NPA spring semester is filled with bustle. If last semester you found the rhythm that works for you, do not let it fade away during the spring. If you had a rocky fall semester, the spring semester is a great time to turn it around and develop new habits. I love the

spring semester because it gives you an opportunity to set goals, reflect on what worked or did not work for you last semester, and make adjustments accordingly.

Freshmen and sophomores research projects, for example, are helpful not only for cultivating research, writing, and presentation skills, but also for learning to set and achieve them. Maybe you did not communicate with your advisor as much as you should have, did not collect enough sources, or left the bulk of the writing until the weekend before the project was due last semester. By holding yourself accountable and acknowledging that you can make the changes to do better this semester, you will end up with a result that you are proud of and will also gain the skills to keep improving and remaining accountable as you progress.

For juniors at NPA, the second semester feels quite a bit different than the first. For those testing out of any subjects in May, it is likely that you are starting to feel some of the pressures posed by the IB. You do not have a

reference point for the testing process, but that does not mean that you should not set goals. Reach out to your teachers, and understand and take ownership of the work you have to do to meet your goals. If you are not taking any IB tests as a junior, start setting goals for your SAT and ACT scores, and make sure you are getting the grades you want to have a shot at your dream university.

When I explain to those outside the NPA community that I do still have a lot of work to do all the way up until mid-May, some people are taken aback. Yes, the fact that I, along with the rest of my senior class, need to continue setting goals through the spring to get the results we want is slightly daunting. However, just as learning to set goals my freshman and sophomore year helped me meet my goals junior and senior year, I know that persevering and keeping my motivation up for the remainder of the semester will help me do the same in the years to come. After all, NPA is a college preparatory academy.



PHOTO BY AMELIA DAVID  
**(From left to right) Mattea Denney, Carl Alexandersson, Fiona Shaughnessy, Somerset Nielsen, and JT Albright listen to Lasse Mellberg, the director of Biskops Arnö, NPA’s sister school in Sweden. NPA has an established annual trip to Sweden, but this year the school also visited Moscow, Russia.**

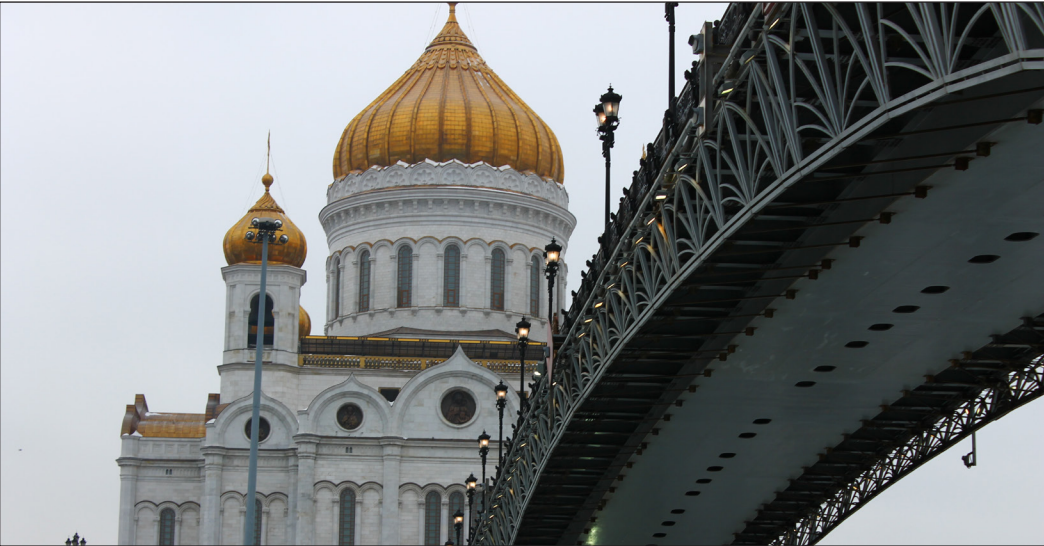


PHOTO BY AMELIA DAVID  
**Pictured is the Cathedral of Christ the Savior in Moscow, Russia. It is where Vladimir Putin, President of the Russian Federation, attends mass. NPA students had the opportunity to visit Moscow this past January where they were guided around the city by NPA exchange student Omar Gadzhiev’s mother, Asya.**





# NPA's first waste audit



PHOTO BY AMELIA DAVID

The compost, recycling, and landfill is spread on a tarp in the school's social hall. After it was sorted, the piles were moved into the white buckets and weighed to give an accurate assessment of the school's waste habits. Zero Waste Humboldt, the organization that assisted with the waste audit, strives to develop waste prevention and reduction, working to establish reuse and recycling solutions for Humboldt County.



PHOTO BY AMELIA DAVID

Adrienne Kerr pauses while moving a sizeable pile of used paper towels into buckets to be weighed. Students took part in a school-wide waste audit on February 15th in which they sorted through the school's trash and recycling from the past two days. After sorting, they weighed the compostables, recyclables, and landfill found in the recycling and trash bins to see what amount of waste was being properly sorted.



PHOTO BY AMELIA DAVID

Senior Kai Cooper writes down the weight of the buckets containing the compost, recycling, and landfill the school collected over two days as part of the waste audit led by senior Cheyenne Bailey and Zero Waste Humboldt. Going forward NPA plans to improve its composting system and put labels on its recycling bins. The school plans to conduct another audit next year.

## Eureka Women's March

Some NPA students and faculty participate in historic event



PHOTO COURTESY OF BRAEDEN HALL

Pictured Morgan Jones, atop a car at the march. There is a documentation project happening through HSU library to document the march through audio recordings and the gathering of signs and artifacts from the march.



PHOTO COURTESY OF BRAEDEN HALL

Pictured is Nigella Mahal holding a sign she painted herself with a group of friends. The basic tenant of the march was social, economic and political equality for women. It was a peaceful march with many people talking and singing and laughing with each other as they marched.



PHOTO COURTESY OF BRAEDEN HALL

On January 21, over 5 million women, men and children marched worldwide. A group of women that couldn't travel to another city to attend the march decided to plan one here in Humboldt County. There was a large community of women that organized the event led by Terry Uyeki who was the main point person for the event. The march was organized in ten days.

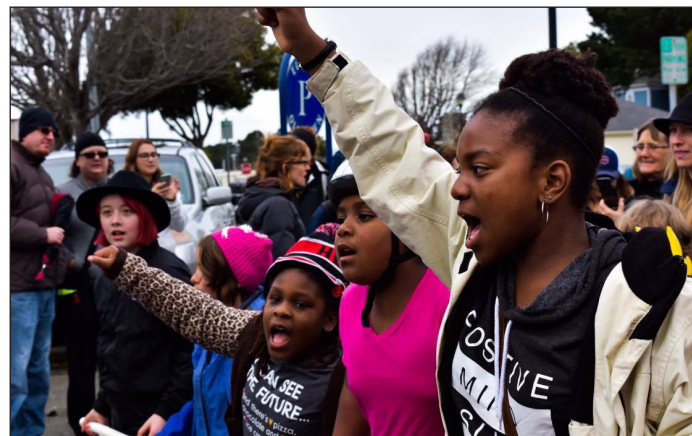


PHOTO COURTESY OF BRAEDEN HALL

There were many young people in attendance at the march. Pictured are four middle school students, two of which attend NPA middle school. One count placed march attendees over 7,000 people. On the route there were marchers seen hugging the policemen who were helping keep the route safe.

## An internship at the capitol

Alumna interns for Congressman Jared Huffman

By Leah Selcer  
Staff Writer

Maia Lemann never expected to be walking through the U.S. Capitol building as an intern for Congressman Jared Huffman's office, but in the fall of 2016, she found herself in that very position.

Lemann, NPA alumna and sophomore at American University, wanted engaging work and life experiences during her college years. As the school is located in Washington D.C., Lemann was provided with ample yet competitive internship opportunities. "I applied for the internship with Congressman Huffman expecting not to get it, but I thought it would be an interesting experience," she said.

During her internship, Lemann worked two days per week from eight a.m. until six p.m. and, depending on the day, performed administrative tasks such as filing legislation and talking to constituents. She would also go to meetings or briefings when staffers were unavailable to attend them. At these meetings, she was responsible for taking notes and writing a summary of the meeting.

Lemann is currently double majoring in Environmental Science and an interdisciplinary major that focuses on law, economics, and government. "[Throughout my internship]

I learned a lot about environmental legislation because a lot of what I was working on had to do with natural resources. I'm thankful that I got to focus on topics that I hope to pursue in the future," Lemann explained. "One day I went to a meeting where the Prince of Denmark spoke about water consumption. He had a lot of interesting things to share about how to improve infrastructure so that less water is wasted," she recalled.

Some of Lemann's experiences were less pleasant. Often she would answer the phone and be confronted by angry constituents yelling on the other line. Regardless of whether or not she agreed with the opinions of the callers, she was required to give a response representative of the congressman's stance.

Dealing with the public was demanding, but Lemann noted that this was not the most difficult part of her internship. "The hardest thing was being assertive. I think that often young people, especially interns not getting paid, feel that they are unimportant which can be detrimental to their work. At work, this one staffer would constantly be yelling at me to be more confident, or at least pretend to be. She would say that if she'd ever shown any shyness or nervousness she would not have gotten as far as she had," Lemann

remarked.

Unlike many of the students that Lemann engages with at American University, she does not wish to go into politics as a career. "At American University there's at least two kids in each class who want to be the president of the United States, and usually the rest want to be senator. I would never want to do any of those things, but that doesn't mean I can't be involved," Lemann expressed.

Many students do not have the opportunities for political internships that those living in D.C. have, but Lemann encourages students to become involved with politics even if they do not wish to have a career in politics. She explained, "For me it was important to realize that I can engage with politics even though it's not what I want to pursue in the future."



PHOTO COURTESY OF TERENCE MCNALLY

Maia Lemann (left) receives her high school diploma from Principal Jean Bazemore.

## The media is not your enemy

A Heron Herald Editorial

On February 17th, 2017, President Trump tweeted that various mainstream media organizations are "the enemy of the American people". While the Heron Herald may not be a "mainstream" media organization, we are a small part of the broader media community and wish to respond to the president's assertion.

As a small, school paper, the Heron Herald certainly doesn't feel the heat of President Trump's wrath in his war on "mainstream media." However, it is painful to watch his efforts in undermining public trust in established media outlets.

We live in a country where the press serves as a window into the political decisions of which we would otherwise be oblivious. We, as reporters, have dutifully accepted the job of accurately depicting what the public may not be able to see. Now more than ever, we have a responsibility to share the objective, unbiased truth in order to maintain the democratic power balance between leader and citizen. Every politician has an agenda and that automatically makes them a non-objective source. Because of this, it is not only the press' job, but responsibility to bring truth to the American people. The dichotomy of this country has become so split down the middle that the only way to report accurately is to attempt to report without bias. That way, every party has the opportunity to form their opinion from that starting point, rather than having pre-set political beliefs dictated without deviation from the norm.

We, as reporters, recognize that there are existing errors in how news is delivered to the public. In this modern time, news is a business, and news corporations will often strive to cater towards a target audience. However, while not all people agree with what various media outlets have to say, they still remain a vital part of modern culture.

However unfortunate it may be that our current president consistently discredits the media, it is in times like these that journalists must remain accurate and unbiased, and citizens must seek the truth for themselves. If the media is responsible and publishes what is true, it can and will continue to be a valuable ally to all people, not an "enemy." As for you, our readers, we remind you that, as a citizen, it is your right to receive information from reliable sources. We urge you to examine your media outlets, look into their political leanings and integrity, and decide for yourself which outlets you trust. The honest media is most certainly not an enemy, but your most valuable ally in this very politically divided time.



# Traditions thrive through test of time



PHOTO COURTESY OF EMILIA DIGGINS  
**Marceau Verdiere, NPA's IB French and Visual Arts teacher, (left) greets junior Melina Wardynski (right) during the school's annual cotillion. Traditions such as cotillion have been an integral part of the NPA community since its beginning.**

**By Morgan Hartlein Allen**  
*Staff Writer*

A dancing heron waltzes across the back of NPA teacher Andrew Freeman's t-shirt, accompanied by the words "tradition, tradition". This clothing is a relic of NPA's Class of 2011 and serves as a symbol of the school's enthusiasm for its many traditions. "[The shirt] was kind of the running joke," Amy Miller, NPA teacher and IB coordinator, explained. "Every month or so, [the class] would come up with a new tradition, and so we became the community that started traditions."

Each year, as the student body at NPA changes, so does the school's culture. However, traditions such as choir, cotillion, and the school plays have been steady companions throughout the numerous transitions, providing common ground for alumni throughout the years. For incoming students, these established events introduce them to the school's values and make them feel like a part of the greater NPA community. "The more you build traditions, the

more you have a culture, and the more you have a culture, the more you have a community," Miller elaborated.

The first established tradition was the annual "Halloween House". Before the school was a charter, it was a part-time home-schooling project consisting of a small group of students, now called "The Suzuki 10". These students began the Halloween event at Principal Jean Bazemore's house where it is still held to this day. They would decorate three rooms, each with a unique theme: happy, scary, and anti-scary. In present day, students still decorate the rooms according to themes but have since added fortune telling, pirates, cookie decorating, gnomes, and fairies to the list.

The annual play is another tradition that has existed since the school's beginnings. When the student body was smaller, the four classes would take a full month to focus on theatre, temporarily shifting from academics to the arts. "It really brought us all together," Tyler Parks, a graduate of NPA's first class and one of the "Suzuki

10" reminisced. As the school grew, teachers would take their materials to the theater and teach their courses there, but now there are too many students to make it logistically feasible.

Huckleberry Finn, Moby Dick, War and Peace, and the rest of the novels associated with the bi-annual literature seminars all hold an important place in NPA traditions. The literature seminars, held in Bazemore's home, are a series of dinners and discussions based on students' assigned reading over summer or winter vacation. Each meal is inspired by food from the novel, and the after-dinner discussions are led by Miller, Michael Bazemore, the Head of School, or Heather Quarles, one of NPA's English teachers. "The idea with the literature seminars is that by graduation, everyone in the community will have a common base of literature that they can pull examples from in discussion," Miller explained. "They'll have a common literary experience."

Looking towards future traditions, Miller hopes to see the underclassmen research projects and the upperclassmen extended essays become more celebrated by the community. The research projects have been part of the curriculum since the beginning,

but they aren't as appreciated as Miller feels they should be. Parks, looking back on his own experiences, said, "I loved the research projects. What a great way to learn and get really immersed in a subject."

The extended essay is in many ways a continuation of the research projects. Upperclassmen choose a subject area they find intriguing, and, with the aid of an advisor, write a maximum 4,000 word paper based upon their findings. "I've often said that my favorite part of the year is when you come upon students who look like they're gossiping, but when you get closer you see that they're really talking about philosophers and philosophical concepts," Miller articulated. "I'd like to see the extended essays treated in that same way."

NPA's emphasis on traditions has helped the school's community thrive since its beginnings. Alumni from every graduating class can connect over the many long-standing traditions that have played an important part in shaping the culture of the school. "Traditions are what hold communities together," Miller reiterated. "Anything that we can do to get in touch with time passing in a celebratory way is always going to be healthy."



PHOTO BY ISABELLA MARGOLIN  
**(From left to right) students Sarah Hasiuk, Olivia Oetker, Isabella White, Madeline Scott, and Lily Raschein pose in costume during the school's "Halloween House". The "Halloween House" was one of the school's first traditions, and since its creation, it has expanded to include a fairy forest, fortune telling room, gnome home, and more.**

## The moon: A threat to national security?

Students compete in Lions Club Student Speakers Contest on issue of privacy

**By Ruth Magee**  
*Staff Writer*

Facing off in a scholarly battle of speeches were some of NPA's most enthusiastic public speakers. Students Nelli Major, Ryan Meshulam, and Keaton Sullivan competed in the Lions Club Student Speakers contest in McKinleyville, Omar Gadzhiev competed in the Eureka contest, and Sasha Woodruff, Gale McComas, and Victoria Roberts participated in the event at Trinidad. In their speeches, these seven students answered the same prompted question: is the right to privacy a threat to national security?

Despite the competition being open to schools across the county, only students from NPA competed in the McKinleyville contest. Keaton Sullivan, who won the McKinleyville Lions Club branch competition remarked, "We all had our different approaches like ethos, logos, and pathos. Ryan [Meshulam] went right into logos. Ryan was all about facts and how much it actually costs to maintain national security. I used pathos."

Meshulam's main argument was that, "the warrant process is a good way to obtain private information, but it needs to be used properly and should not be used broadly. Each warrant should have a specific target." Meshulam proposed to the judges and the audience that the United States should use this approach to combat invasive privacy screenings and threats to our national security. He thought that all the competitors were strong speakers and were well matched. He praised Sullivan's winning speech saying, "His was funniest, and it was quite good."

Sullivan's approach to the prompt was derived from his strong feelings about the subject. Overall, he viewed



PHOTO BY AMELIA DAVID  
**Pictured (back left to bottom right): Keaton Sullivan, Victoria Roberts, Gale McComas, Omar Gadzhiev, Sasha Woodruff, Nelli Major, and Ryan Meshulam.**

the prompt as a question with an unreasonable implication. Sullivan explained his thoughts by declaring that the question was implying, "that the right to privacy is impeding on our national security [which] really isn't [true]. The Patriot Act says that we have a right to privacy, and it has been pretty much mute since 2001. We still have a ton of blunders. Stuff still happens. They can't put cameras in our bedrooms, but they can totally monitor all of your metadata, and we're still having national security threats."

In an attempt to explain his intense feelings regarding the prompt, Sullivan made his speech humorous, yet still applicable to the matter. Sullivan used the example of blowing up the moon, an impossible and absolutely unnecessary undertaking, to the just as pointless task of taking away citizens' rights in an attempt to improve national security. "The question 'is the right to privacy a threat to national security?' is stupid, so I answered it with a question of my own 'should we blow up the moon?' Both answers are no. The running theme is I make a ludicrous claim, like saying we should blow up the moon and I just

keep coming back to that," he explained. This inventive argument caught the attention of the judges, and they awarded Sullivan with the grand prize of \$100. Sullivan credits most of his success to NPA's history and P.E. teacher, Arnold King.

King has been helping NPA students prepare for the speech contest for all three years that the school has been involved. This year, King helped a whole slew of NPA students prepare to achieve their speech giving goals. "I coach the students who signed up for it [the speech contest] and help them with the content based on what the prompt is, as well as helping them with their performance techniques," he explained.

Woodruff, who won the contest in Trinidad, delivered a speech that called for balance between our rights to privacy and national security. Woodruff said, "I talked about the Patriot Act and if it invaded what the Fourth Amendment stands for. My opinion is that privacy is a threat to national security but that we as Americans need to find a balance."

Roberts also discussed the need to find balance in her speech while also emphasizing the need for the topic to be further debated in the United States. "Now that we've used national security as an excuse for so many unscrupulous things, people are starting to question where the line should be drawn and what is justifiable as national security," Roberts said.

Sullivan and Woodruff competed in the next level of the speech competition but did not advance any further. For now, NPA students will have to wait until November when the topic for next year's contest will be released.

## Queer Straight Alliance unites community

**By Omega Gaskill**  
*Staff Writer*

Finding a positive, respectful atmosphere where guidance is plentiful and peer support abounds, requires no more than looking towards NPA's Queer Straight Alliance (QSA).

Created for members of the LGBTQ community and its allies at NPA, the QSA, founded last fall, has provided support for its diverse members. "It's a safe place for LGBT and straight people to talk. It's an absolutely wonderful environment," sophomore J.T. Albright said. The brainchild of senior Rachel Post, the club seeks to educate its members about the many aspects of the LGBTQ world and what it has to offer.

Since discovering her sexual identity during freshman year, Post had longed to give others the supportive environment which she felt she lacked when she "came out". "For a long time I felt a little cheated out of that experience because I went through my coming out process alone just like so many people do," Post explained. Now, with the creation of the QSA, NPA students of all orientations can meet on Tuesdays at lunch to discuss relevant issues and information pertaining to the LGBTQ community. "We like to let each other know about certain stuff related to the queer community. It's a safe space," freshman Gale McComas affirmed.

After participating in a New York-based leadership conference in the summer before junior year, Post returned with new ideas about what it means to be a leader. She used this experience to help her create the school's QSA. "For the past few years I've really wanted to start an LGBTQ club. A lot of seniors have come before me trying to make it happen, but nothing really ever came of the idea," Post recalled. "When I became a senior I decided to break the pattern." Members of the NPA community are enthusiastic about Post's decision. "I joined during the first meeting after [Post] announced it. I think it was an absolutely amazing idea!" Albright exclaimed.

The group is open to all, and Post finds it encouraging when those who identify as straight attend meetings. "It's an alliance because it fosters ally-ship. I'm really proud that we have members who identify as straight because I know they're there to support their peers and learn more and stand with the community," she said jubilantly.

As Post graduates this June, the QSA has been deliberating over who will become the new president. "For the second half of this semester I plan to facilitate the leadership change by handing over some of my responsibilities to whomever the club elects to take over next year. I believe that will be the best way to keep the club afloat and to make sure the next president is ready to take on the responsibility," Post added. Many QSA members hope to continue in later years, and are excited for what the future holds. In conclusion, Post added, "It really just warms my heart to see all of these passionate, loving souls join together despite our differences. It's something incredibly special to be a part of."

## CREEK

from page 1

Now he has come full circle. Regarding his current work for the CCC, he emphasized, "I just wanted to come back here and give to the program that basically saved my life."

The group of 18-25 year olds working under Griffith all have their own reasons for being in this line of work. In spite of the tongue-in-cheek description of their job provided by one member—"Hard work, miserable conditions"—good cheer generally prevails, and those on the crew show pride in what they do.

For CCC worker, Calvin Vaganz, the corp is a logical and fun pit stop on his life journey. "I've gotten to just work at absolutely beautiful locations all over California, and I've gotten to meet some really cool people. I work with a great boss. Overall it's been a really cool experience." Vaganz plans to go to college, but first he wanted to get a car, have a stable living situation, and get more life experience. The scholarships that the CCC offers to its members make his working there, according to Vaganz, "[killing] two birds with one stone."

While the promise of a healthy Janes Creek teeming with diverse life still re-



PHOTO COURTESY OF JUSTIN CATALDO  
**NPA student Trey Vera is happy to be of assistance to this member of the CCC. With the help of the CCC, the Department of Fish and Wildlife have provided the vision and impetus for the creek's restoration.**

mains unfulfilled, if the commitment of the parties involved does not waver, it may become a reality not so far in the future. Arnold suggested, "If we can teach everyone that the stream they look at every day is a huge part of their environment, and they can make a difference just by coming out one day a year and helping the stream, I think that would be a huge success for this project."





# Amnesty International group fights global injustice

By Rachel Post  
Staff Writer

Reaching out to oppressed citizens in other countries and joining the worldwide fight against injustice—that is what Amnesty International is built to do. At the beginning of this school year, senior Morgan Hartlein Allen spearheaded an effort to create an Amnesty school group at NPA.

Amnesty International describes itself as a “global movement of more than 7 million people who take injustice personally.” Its slogan is a hopeful one that reads, “Better to light a candle than curse the darkness.” Created by British lawyer Peter Benenson, the movement has been alive for almost 67 years. It began in 1961, when Benenson published a letter in a newspaper called The Observer protesting the imprisonment of two Portuguese students who were persecuted for making a toast to freedom. His article became an international spectacle due to its inspiring nature. It acted as a call to action against all injustices and marked the beginning of a long-lasting movement.

Hartlein Allen’s experience with the group began when she was in middle school when she received a book containing stories about human rights, published by Amnesty. She recalled, “They were fictional stories, but they covered different sections of the Universal Declaration of Human Rights. It was a way for younger people to grasp what these rights meant and how they were being violated. It offered them a way to get involved.” This was not, however, the inspiration for starting up the school group.

In September of 2016, Principal Jean Bazemore inquired at an all-school meeting whether anyone would be interested in starting an Amnesty International club at NPA, and Hartlein Allen, recalling her early experiences with the group, rose to the challenge. She reflected, “I remember the experience of being in middle school and reading the stories, and I thought, ‘Well that would be something really interesting to do, something really different.’” Thus the group was born.

At the moment, the club holds six members and meets once every week on Wednesdays at lunch. Recently, they have been able to expand their impact past the boundaries of the club. Hartlein Allen has gone into the junior and sophomore classes and asked them to write letters to submit to the Amnesty letter-writing campaign, “Write for Rights.” Hartlein Allen explained, “We got about 60 letters just from other students. It would be great to have it in the curriculum because it’s got such a focus on international stuff and we’re International Baccalaureate.” She continued enthusiastically, “It’s important to know what’s going on in other countries and not just be focused on what’s going on around you. The group is about noticing that you can make differences across the world.”

While Amnesty focuses on several human rights issues, the “Write For Rights” event and the NPA group by extension, have chosen to get back to the organization’s roots by writing about unjust imprisonment. In countries experiencing political turmoil, prisoners are often detained without trial and are kept in inhumane conditions. Because of this, mental and physical health issues arise which are often not appropriately addressed by officials. “We’re trying to help these people—mainly the people who have been protesting in their own countries and fighting for their rights where they’re living. We’re trying to support them,” Hartlein Allen explained.

In creating this club, Hartlein Allen has discovered that the Amnesty projects can open up one’s cultural lens. She recounted an experience of mutual understanding with one topic the club explored: A violation of indigenous rights in Canada. She reflected, “They were dealing with the government trying to install a hydroelectric dam on their land that violated a treaty that they made a hundred years ago. It felt familiar because at the same time we have the Dakota Access Pipeline issue going on in our own country.” As the Dakota Access Pipeline has the potential to contaminate the water of the Standing Rock Sioux Tribe, Hartlein Allen drew similarities between the two cases of injustice, despite their difference in culture and location. “These are completely different groups of people but they still have the same human rights being violated.”

The letters each club writes are sent to major political offices in other countries. The hope is that ambassadors and leaders will take the time to read the pleas of the thousands of participants in the project. Sometimes the gesture of writing a letter can be just as meaningful as its content. Hartlein Allen mused, “Just seeing that people in other countries care enough to write something about these issues and say, ‘Hey, please do something about this. Please help these people,’ is powerful. We hope it’s enough to make a difference.”

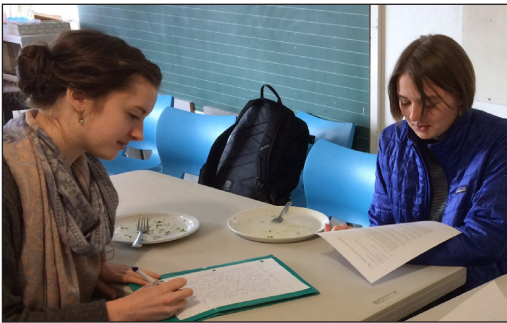


PHOTO BY AMELIA DAVID  
**Pictured: Morgan Hartlein Allen (left) and Tessa Paulson-Palmer (right). Students meet every Wednesday at lunch to learn and join letter-writing campaigns in the Amnesty International school group.**



PHOTO COURTESY OF AVA NEWHOUSE  
**NPA’s cross country team members run during the final moments of a race. The sport’s three month season is physically demanding, and team members train year round by swimming, weightlifting, and running to stay in shape.**

# Cross country team strengthens competitive edge

By Talavan Cohen  
Staff Writer

In the fading moments of their season, NPA’s cross country team traveled to Hayward, CA, for the final race in their largely successful year. At Hayward, where the region’s top eight would be recognized as “gold star” runners, the finish line approached. There, the prospect of the achievement drove the team to push their limits.

“It comes down to the very end; who had the last little bit of grit in them to push through all of the pain you’re in by the end of the race, and cross the finish line first,” India Allen, a senior at NPA and four-year veteran of its cross-country team, said. By capturing sixth place at Hayward, and amassing multiple other top ten finishes over the course of the season, Allen proved her effort to be more than worthwhile.

For the team as a whole, Hayward “was a great race,” according to NPA senior and fellow fourth year runner Ava Newhouse. “Everyone ran well above their personal best for the season,” she expressed.

At the beginning of the team’s training camp last August, with the influx of new

runners, there were question marks across the board as to what the season held. “I built it up in my head, so I was honestly really terrified before [the season] happened,” freshman Shoni Rheinschmidt admitted. “I was spraying all this anti-pain spray on me and eating all these energy gummies, and I was freaking out.” Rheinschmidt was among a majority of the team consisting of first-time runners, as only Allen and Newhouse remained from previous teams. Being the most experienced, they tried their best to make new runners Rheinschmidt, sophomore Amaya Bechler, and senior Victoria Roberts feel comfortable by helping them with their running, setting good examples, and simply being approachable.

In addition, the team had a new coach this year. Jane Arnold, Newhouse’s mother, was at the helm in place of Matt DeShazo, the longtime leader of NPA cross country. Although it was Arnold’s first time coaching the sport, her tenure at NPA began smoothly, in part thanks to the poise of her veterans. “It was a learning experience for all of us,” Allen recalled. The runners with experience under DeShazo tried their best



PHOTO COURTESY OF RABIA O’LOREN  
**(From right to left) Adrienne Kerr, Delaney Gaston, Isabella White, Lily Ryman, and Morgan Hartlein Allen perform a traditional dance of the Pashtun Tribe. White partnered with the Roshni Center to plan a fundraiser for her CAS project. They raised just over \$3,000 to help girls and women in Pakistan.**

# CAS: A gem of the International Baccalaureate

By Gale McComas  
Staff Writer

Filmography, women’s education in Pakistan, and summer camp—what do they have in common? They are all projects NPA students have used to fulfill the requirements of CAS, an important aspect of the school’s IB program.

“CAS stands for creativity, activity, and service. All juniors and seniors have certain requirements with

ing on a new challenge and finding something new that they’re interested in.

Senior Leah Selcer’s CAS project is centered around Teen Court, an innovative diversion program for first-time juvenile offenders, completely run by youth volunteers. Last year she planned a trip for the Teen Court in Humboldt County to visit the Youth Court in Marin County. There, they received innovative ideas

in Pakistan. White, with the help of her friends and fellow dancers, organized the performance of a traditional Persian dance at the Roshni Center’s annual fundraiser. White and the other dancers traveled to Berkeley to watch a Pakistani ballet performance by the Afsaneh Art and Culture Society so as to learn more about the style they would be performing. “We got to meet with the coordinator of that dance company and talk to her, and she was really thrilled to have us and we got to learn about the style a little bit more.” In November, five dancers performed at the Eureka Woman’s Club, an organization that works towards the betterment of the community through cultural, educational, and social programs. The event which they participated in raised just over \$3,000, enough to send 100 girls to school for one year each. If a girl in Pakistan is not educated, she can be married as early as 11 years old. This fundraiser helped ensure that fewer girls would be forced into early marriage. White found the project to be an interesting and unique experience.

Laird Leatherwood, a senior, decided to focus his project on volunteering at Lost Coast Camp, a summer camp for youth in Petrolia. Leatherwood had been working there for years, and he realized the program encompassed all three aspects of CAS. When asked why he decided to do this, Leatherwood explained, “[Volunteering there] was something that I’d been told for years that I had the potential to do and do well.” He has enjoyed CAS and believes that it is a positive influence in his life.

CAS projects are meant to honor things that interest students and that they’re passionate about. Freshmen and sophomores can begin to think about what they want to focus on or to get involved in things in the community that will inspire them for their project. It is an important learning experience and a unique part of the IB program and NPA.



PHOTO COURTESY OF RABIA O’LOREN  
**NPA students pose at the end of their dance at the Roshni Center’s fundraiser. The dancers wear traditional costumes of the Kuchi people, a nomadic tribe in Afghanistan. This performance was part of Senior Isabella White’s CAS project.**

CAS that they have to complete over the two years, and it’s integral to getting their diploma,” Andrew Freeman, NPA teacher and CAS coordinator, explained.

NPA values CAS for several reasons. Its purpose is to honor students’ extra-curricular engagements and encourage them to lead a balanced life. What students do in their lives to stay physically active, how they contribute to their community through volunteering or other types of service, and their creative outlets of choice are all valid material for the CAS program.

When NPA first began the IB program, CAS was an included component. Freeman said, “CAS helped us have some kind of foundation to encourage our students to be active members of their community.” The program includes a project as well as a journal that all upperclassmen keep. In the journal, they write about their experiences with creative endeavors, physical activity, and service which they give to Freeman at the end of their senior year. Most students, through CAS, end up tak-

ing back to the local group. Selcer has been volunteering with Teen Court since she was in eighth grade and was curious about other Teen Courts and how to improve hers locally.

Cairo Aguilar is another senior who, for his CAS project, is working on directing and taping his own film. “It’s an action-esque sort of movie, we’re filming it down at the Samoa Dunes,” Aguilar explained. “Throughout my time at NPA I’ve gotten more in tune with cinematic values, how filming works, and stuff like that. Movies have always been a big part of my life and I thought, ‘why not test my hand at making my own?’” Aguilar enjoys CAS, and believes it gives everybody the chance to put themselves into things they find interesting. “[CAS journals] not only help us understand the values that we get out of working like this, but it also really gives us a chance to reflect,” Aguilar said.

Isabella White focused more on the service and community aspects of CAS by teaming up with The Roshni Center, a non-profit organization that raises money to help girls and women

to remember some of his training methods in an effort to make things easier for their new coach. Despite her relative inexperience, Arnold was able to teach the younger team members some of the ins and outs of cross country running strategy. Rheinschmidt claimed, “One of the things I remember she taught me is how to pass people—to speed in front of them, and use people to your advantage so they can block the wind for you.”

However, advice from Allen or instruction by Arnold could not immunize the newcomers from the grind of the three-month season. Its effects are something that no cross country runner is free to ignore. “When you’re running consistently every week, all the time, the season can seem very long, and it’s easy to get injured and burnt out,” Allen said. “Pretty much everyone on the team experienced some kind of injury such as knee issues, hip issues, or foot issues which is really, really normal for runners. That adds an extra challenge to the running.” In order to hit the ground running, so to speak, Rheinschmidt keeps her offseasons short by playing other sports such as basketball. Both Allen and New-

house train year-round by regularly swimming, running and weightlifting. “Running does become a lifestyle,” Allen asserted. “It has taught me a lot of things about myself, and a lot of things about life in general, such as just sticking with it, and pushing through the hard times, and then rewarding yourself and feeling rewarded by working hard.”

Although the future looks bright for NPA cross country, for the outgoing seniors, the end of their careers brings with it a tinge of wistfulness all the same. “It’s kinda sad, because I’ve been on the team since freshman year, and Ava and I have been running for four years together,” Allen commented. Following the graduation of seniors at this year’s end, unofficial captaincy of the team will likely transition to Rheinschmidt and Bechler. Behind them will be the crop of promising runners expected to arrive with next year’s freshman class. “I think Shoni and Amaya will be great leaders,” Newhouse declared optimistically. “I think it’s gonna be a lot more competitive in years to come. The team’s gonna keep getting better and faster, and there’s gonna be more people than ever before. I’m excited.”